

Veterans Receive a Warm Welcome Home

More than 300 Veterans and active duty service members came to Washington DCVAMC's May 19th Welcome Home Celebration. The event combined a health and job fair with information stations to assist Operation Enduring Freedom (OEF), Operation Iraqi Freedom (OIF), and Operation New Dawn (OND) Veterans transitioning to civilian life.

The event also included a variety of family friendly activities, giveaways and lunch. The DCVAMC partnered with the Army, which held a Administrative Muster concurrent with the celebration.

If you are a recently returning combat Veteran, Please contact us at **1-877-OIFOEF1** or **1-877-643-6331** with your questions about health care services.



Irene Trowell-Harris, Director, Center for Women Veterans, visits the DCVAMC's Women's Health booth at the recent Welcome Home Celebration.

New Center Provides Hope for Homeless Veterans



Local government and VA leaders cut the ribbon of the new Community Resource and Referral Center May 9.

Homeless and at-risk Veterans of the D.C. metro area now have 24/7 access to help. On May 9, the Washington DCVAMC hosted a grand opening ceremony for VA's Community Resource and Referral Center (CRRC), a primary care clinic and service center located at **1500 Franklin St., NE**. This new facility is one of 17 centers VA will open across the nation to combat homelessness among Veterans.

The CRRC centralizes services, such as health care, housing, employment, benefits and education. This 12,500 square foot facility includes a professional kitchen which will be used for culinary arts training, a computer lab, a chapel, and a secure children's play area. The facility offers men's and women's showers, and a fully functioning laundry room. For more information about CRRC services call **(202)636-7660**.

The Right Care, in the Right Place, at the Right Time



Telehealth equipment provides patients with convenient access to their physician.

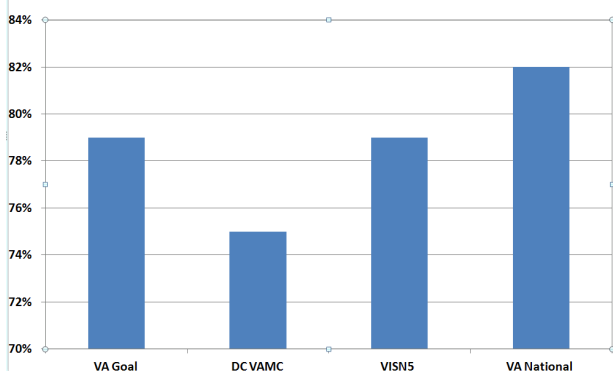
Story By: Cameron Barry, Public Affairs Intern

Technology has once again significantly improved Veteran's access to health care. Telehealth technology offers Veterans the "right care, in the right place, at the right time". Whether in a Community Based Outpatient Clinic (CBOC), or in the comfort of their own home, Telehealth not only makes receiving health care easier and more cost efficient, but it also helps maintain good health.

Quality Corner Diabetes Goals

Veterans: Have your health care provider measure your blood sugar levels with an A1C test at least every year or more frequently depending on how well your levels are controlled. Your personal goal should be to maintain A1C levels at 7% or lower. Our hospital goal is to maintain levels lower than 9%. Remember to ask your doctor to write down your A1C level and give it to you for close monitoring.

**Diabetes A1C FY12
% Thru April 2012**



Telehealth allows a patient to send live video, still images, and important medical information, to their physician, and promptly receive a professional medical diagnosis. With this new technology, VA is making medical visits for Veterans easier than ever.

Telehealth in VA helps ensure Veteran patients get the right care, in the right place, at the right time, and has a goal of turning the CBOC closest to Veterans homes into the preferred place of care. With CBOC offices often being more conveniently located than hospitals, patients can still receive the same great, reliable health care they've come to expect from VA.

Not only does Telehealth save your commute to the hospital, but it also improves access to health care by creating more appointments, which allows Veterans to be seen in a more timely manner.

With this new technology, Veterans will have access to several services such as Teledermatology to diagnose skin conditions, Teleretinal imaging to diagnose a problem with the eye, and even Teleradiology which allows a patient to receive expert opinions on their x-ray images, leading to faster results.

VA's weight loss program known as TeleMOVE is a great example of Telehealth technology. This particular program allows the patient to connect to their personal trainer and dietician via a monitoring device connected by a landline or cellular phone. This service allows patients to collaborate with weight loss professionals at their own convenience over a 90 day period to set realistic goals to lose the weight, and keep the weight off for good.

Home Telehealth services are available for qualified Veterans. Qualifications include lack of mobility of the patient, and severity of health issues. Veterans interested in Home Telehealth should discuss these qualifications with their health care provider.

If you are a Veteran who would like to consider using Telehealth services or would like to learn more about our Telehealth programs, please speak with your health care provider.

Let's Hear From You:

Office of Public Affairs (003)
50 Irving Street, N.W.
Washington, DC 20422
www.washingtondc.va.gov

Michelle Spivak: (202)745-4037
Sarah Cox: (202)745-8000 ext. 5710
Gloria Hairston: (202)745-8000 ext. 5249
Gary Strange: (202)745-8000 ext. 5275

Follow us on Facebook and Twitter!